

KIN 165: INTRODUCTION TO RECREATION, INDIVIDUAL, AND TEAM SPORTS

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

A course of study to give the student entering the field of physical education and kinesiology a survey and basic analysis of individual, dual, and the team sports: badminton, bowling, golf, tennis, track and field, disc golf, weightlifting, as well as flag football, baseball, basketball, softball, soccer, water polo and team handball. 54 lecture hours.

Course Objectives

- Formulate a broad knowledge base of all individual and dual sports that are commonly participated in by individuals and their families.
- Demonstrate an understanding of the following items concerning each of the sports listed under the course content of this outline:
 - a. origin and history
 - b. nature of the sport
 - c. rules of the sport
 - d. facilities and equipment required for participation in the sport
 - e. techniques and fundamentals of the sport
 - f. terms associated with the sport
 - g. playing strategy of the sport
 - h. scoring of each sport
 - i. playing courtesies of the sport
 - j. safety factors concerned with each sport.
- Formulate a coaching philosophy for team sports.
- Analyze basic fundamentals in individual, dual, and team sports.
- Demonstrate an understanding and general knowledge of the history of individual, dual, and team sports.
- Promote a greater appreciation of the overall picture of individual, dual, and team sports.

Major Course Content

1. The Required Physical Education Program
2. Desirable Health Practices in Exercise
3. Cultural Aspects of Recreational Sports
4. Fundamental Activities
5. Individual and Dual Sports To Be Covered:
 - a. Aerobics / Fitness circuit
 - b. Badminton

- c. Bowling
- d. Disc Golf
- e. Golf
- f. Tennis
- g. Track and Field
- h. Weight Training

6. Each of the following Team sports - flag football, baseball, basketball, softball, volleyball, soccer, water polo and team handball will be generally surveyed to include:
 - a. History
 - b. Rules of the Sport
 - c. Terminology
 - d. Organization of Teaching/Coaching
 - e. Instructional Differences in Physical Education
 - i. Live Observation
 - ii. Classroom Activities/ Experience
 - f. Analysis of Individual Techniques

Suggested Reading Other Than Required Textbook

Instructor Handouts Instructor Evaluation

Examples of Required Writing Assignments

Students are required to give a written summary of their observation in one of the 3 following areas: elementary/high school physical education class, competitive athletic sport practice, or a competitive athletic contest. Include teaching styles/coaching philosophy, class participation activities, skill development activities, and assessment techniques in the summary.

Examples of Outside Assignments

Students are required to do observation hours outside of class at elementary schools, middle schools, high schools, or college Kinesiology classes.

Instruction Type(s)

Lecture, Online Education Lecture